

Smoke-Free Homes and Cars

Secondhand Smoke Outreach:
Parents and Schools

Why is secondhand smoke a problem?

- It makes people sick and it can be deadly.
 - There are more than 4,000 chemicals in secondhand smoke.
- Children who are around secondhand smoke are at high risk of developing chronic illnesses.
 - Asthma
 - Bronchitis
 - Ear infections

Why is secondhand smoke a problem?

- More than 38,000 nonsmokers in the U.S. die each year from diseases caused by secondhand smoke exposure.
- It affects kids' futures
 - Each year children in the U.S. miss 7 million days of school due to illnesses caused by secondhand smoke exposure.
 - According to the recent Surgeon General's report, almost 60 percent of children (3 to 11 year olds) are exposed to secondhand smoke, that's nearly 22 million kids in the U.S.
 - Smoke-free rules in homes and cars reduces secondhand smoke among children and nonsmokers, these rules help smokers quit and reduces kids from becoming smokers.

Where does the smoke go?

- Opening a window, smoking in another room, or using air filtration or ventilation systems won't make the smoke go away.
- Smoke can move under closed doors and locked windows.
- Even after putting out a cigarette, dangerous secondhand smoke stays in your home.

What can you do about it?

- Protect people living with you by smoking outside or making you car smoke-free.
- Making your home and car smoke-free is one of the best things you can do for yourself and the people you love.

Make your home smoke free

- Stop smoking indoors.
 - Ask guests to “take it outside and move away from windows and doors.”
- Hang “no smoking” signs in your home.
- Remove all ashtrays from inside.
- Deep clean your home’s carpets, drapes, furniture and walls.
- Give clothing and jackets a good cleaning.

Make your car smoke free

- Stop smoking in your car.
 - Ask others not to smoke in your car.
- Hang “no smoking” signs in your car to remind passengers.
- Empty the ashtray, fill with sugar-free candies or change.
- Wash and vacuum the inside of your car.

Ready to quit smoking?

- Call the Tobacco Quit Line for help.
 - 1-877-270-STOP (7867)
 - 1-877-2NO-FUME (in Spanish)
 - Visit Quitline.com for more information